59th Year ◆ No. 12 ◆ March 25, 2005



Randolph Air Force Base ◆ Texas

Contractors install reinforcing bar and finish concrete work that has begun on Washington Circle. It is the first section of the Harmon Drive project that will be returned to the base for use this summer. (Photo by Joel Martinez)

Access expands at other gates with April 1 main gate closure

By Michael Briggs12th Flying Training Wing Public Affairs

With the main gate closing April 1 to complete the Harmon Drive construction project about five months ahead of schedule, officials in the 12th Security Forces Squadron announced expanded access at Randolph's

Lt. Col. Steve Spurlin, 12th SFS commander, said his team is taking measures to help ease congestion at the east, west and south gates.

Effective April 1, the south gate will be open weekdays from $6\ a.m.$ to $6\ p.m.$ Currently, the south gate is open during the peak traffic hours of $6\text{-}8\text{:}30\ a.m.$ and $4\text{-}6\ p.m.$

In addition, Colonel Spurlin said the south and east gates will be open for inbound traffic only on weekdays from 6-8 a.m.

"We're instituting these measures to help get people on base more efficiently when the main gate closes," he said. "As we've done during other phases of the main gate construction project, our people will be out in force to ensure we transition as smoothly as possible to new gate traffic patterns. For the safety of other drivers and our security forces personnel, we ask people to be patient and use caution when approaching the gates."

Colonel Spurlin said he is hopeful people will change their commuting routes to take advantage of the inbound-only gates to get them on base quicker.

To that end, security forces officials have

Gate Hours Effective April 1

South Gate: 6 a.m. to 6 p.m. (6-8 a.m. inbound only) East Gate: 6 a.m. to 10 p.m. (6-8 a.m. inbound only)

West Gate: 24 hours a day
See gate access map on page 8

recommended the following traffic routes for people driving to the base:

- People approaching from I-10 or from Loop 1604 south of Lower Seguin Road should take FM 1518 from I-10 to the east end of Lower Seguin Road to enter the south gate.
- Drivers coming from Schertz, Cibolo and points east on FM 78 should also take FM 1518 to Lower Seguin Road to use the south gate.
- People arriving from Loop 1604 or Pat Booker Road should use the east or west gate.

Texas Department of Transportation officials report the surfacing of Lower Seguin Road from the south gate to Loop 1604 is expected to be completed in May. When that stretch of road reopens, commuters on the west side of the base will once again have convenient access to the south gate, which should ease congestion at the west gate, security forces officials said.

When the main gate and Harmon Drive construction project is completed, a new gatehouse will be positioned about 200 feet farther into the base than the old gate entrance, and a new Visitor Control Center and state-of-the-art vehicle inspection station will be located outside the gate on the site of the old visitor center.

Freedom Flyers hold reunion

By Bob Hieronymus Wingspread staff writer

"We who came home must never forget those who could not."

This motto, carved in stone in the base of Randolph's Missing Man Monument, is more than just a memory to the former prisoners of war who will meet here April 1.

For them this motto is a filter through which they see the world. They are the ones who came home. They remember the faces of those who could not. They remember the groans in the night from those who had to be carried out of the torture rooms. But they also remember the courage of those who stood with their cellmates through the years of imprisonment, and those who led the prisoners in singing the national anthem. These are the men who came home with honor.

For 32 years Randolph and the 560th Flying Training Squadron have hosted the reunions of Freedom Flyers. This year the reunion will feature a symposium composed of former prisoners and their family members who will talk about their experiences during the Vietnam War and how it affected their lives. Randolph military and civilian members are invited to attend the symposium which starts in the base theater at 9 a.m., April 1.

Aircraft will be on static display on the east ramp during the day. At this time the static display is expected to include F-4, F-15, F-16, A-10, C-130, T-38, T-37, T-6, T-1, and a Vietnam War era MiG 21. Also on display will be the original C-141 "Hanoi Taxi" that brought the first load of repatriated prisoners, the "Freedom Flyers," from Hanoi. This may be the last such visit by the Hanoi Taxi because it is reaching the end of its operational life.

Most of the static display aircraft will participate in a flyover of the base at 6 p.m. A B-52 and a B-1 are expected to join them in the flyover. The formation will take approximately twelve minutes to pass in review. It will be visible from anywhere on the base and from many areas near the base.

In 1993 the U.S. Senate released a report that summarized the record of the prisoners of the Vietnam War. A total of 566 military and 25 civilian prisoners were repatriated in 1973. Of these, 325 were Air Force. Some returned to flying duties, some were not medically qualified to return to flying status, some chose to stay on active duty but in non-flying assignments, and some chose to return to civilian life.

The Senate report also identified as many as 156 servicemen who "may have died in captivity."

Shortly after the former POWs were repatriated, the 560th FTS was tasked with responsibility for requalifying those Air Force pilots who would be

See Flyers on page 7

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday Pilot Instructor Training Squadron Senior Class Overall 99th FTS 5.0 1.6 558th FTS -1.1 1.1 559th FTS -2.3 -2.9 560th FTS -2.0 -1.0

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Navigator, EWO training

| 562nd FT | S | 563rd FTS | |
|---------------|-----|-------------------|----|
| Air Force | 313 | Undergraduate | 42 |
| Navy | 77 | International | 8 |
| International | 0 | EWC Course | 0 |
| NIFT | 28 | Fundamentals | 0 |

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

Wing Flying Hour Program

| ı | | , | | - 3 |
|---|----------|----------|--------|--------|
| | Aircraft | Required | Flown | Annual |
| | T-1A | 5457.8 | 5503.0 | 12,184 |
| | T-6A | 7824.0 | 7822.5 | 17,290 |
| | T-37B | 4246.2 | 4088.1 | 8,284 |
| | T-38C | 4333.8 | 4291.7 | 9,729 |
| ı | T 40 | 40040 | 4070.0 | 4 000 |

The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.

AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 122 Team Randolph members are deployed in support of military operations around the globe

Commentary Wingspread March 25, 2005



Dedicated June 20, 1930, Randolph celebrates its 75th Anniversary in 2005

Graphic by Michelle DeLeon

The Randolph

WINGSPREAD

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www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PCor Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

AFAF

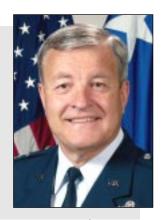
Commanders commit to caring



Gen. Don Cook



Maj. Gen. Anthony Przybyslawski



Maj. Gen. Buster Ellis



DEPARTMENT OF THE AIR FORCE AICADQUARTERS UNITED STATES AIR FORCE WASHINGTON, DC



As we near the end of the armual Arr boxee Assistance Fund Campaign at Randolpt, AFB, "Team Randelph" Members

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Now more than every the development personal release, and serviced by the entire at the formal and the first service to the formal and the first service to Succession 2005 APAP Campuign at Kanadajan Ariff. Presse remember, your kind donations to the APAP charities directly aid our over Air Teres family members and are truly an investment of the APAP charities. er om Handesphare. An Ferce Fescus

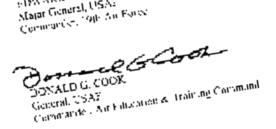


Major General, USAS

Community, Ar. Faces Personnel Center



Col. John Hesterman





Congratulations Retirees

Today Lt. Col. Richard Simpson 12th Operations Group

Today Lt. Col. Timothy Clary 1st Manpower Req. Sqdn.

Maj. Donald Wright Air Education and training Command

Today Master Sgt. Donald DeMone AETC

Today Tech. Sgt. Sharod Holmes 12th Contracting Squadron

Wednesday Master Sgt. Donald McBride Formerly of 12th FTW

Thursday Cowboy McKimmey 12th Contracting Squadron

Today

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Could you make Coach Lombardi's team?

380th Expeditionary Aircraft Maintenance Squadron

SOUTHWEST ASIA (AFPN) – "I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious."

This quote doesn't belong to George Patton or Curtis Lemay, but to one of the most successful football coaches of all time, Vince Lombardi. The principles of intensity, sacrifice, discipline and leadership on which he coached are the same principles on which we build our future leaders in basic training and commissioning sources.

He took one of the least successful teams of its time, the Green Bay Packers, to an NFL-dominating six divisional titles and five NFL championships, as well as Super Bowls I and II and a record of 98-30-4.

How did he do it? And most importantly, how can we apply this great coach's principles to our daily military lives to both motivate and measure our commitment to our task.

• Intensity: "You never win a game unless you beat the guy in front of you. The score on the board doesn't mean a thing. That's for the fans. You've got to win the war with the man in front of you. You've got to get your man."

It doesn't matter how well you did the task the day before, what matters is doing that task now - the task at hand. We don't get to look the enemy in the eye

"Success is like anything worthwhile. It has a price. You have to pay the price to win and you have to pay the price to get to the point where

success is possible. Most important, you must pay the price to stay there."



Vince Lombardi former Green Bay Packers coach

when we kill him, but we directly support those who do, and getting our stuff done right the first time means they kill the bad guys the first time they get

• Sacrifice: "Success is like anything worthwhile. It has a price. You have to pay the price to win and you have to pay the price to get to the point where success is possible. Most important, you must pay the price to stay there."

Nobody gave us the status of the world's greatest military machine. It was earned with blood. Yet it

isn't just about the price we have paid as much as it is about the price we're willing to pay today, tomorrow, and the next day. It's through unwavering conviction of character and commitment to our cause that we remain a world power.

• Discipline: "Teams do not go physically flat, they go mentally stale."

Sometimes, when it comes right down to it, is your task really so tough? Are the conditions so terrible as to prevent you from exercising perfect discipline in your task? In some cases, if we go 'mentally stale' for a single moment, people may die. Mental toughness is paramount to our success.

• Leadership: "Leadership rests not only upon ability, not only upon capacity; having the capacity to lead is not enough. The leader must be willing to use it. His leadership is then based on truth and character. There must be truth in the purpose and will power in the character."

Step up to make the tough call when it's unpopular. Have the integrity and initiative to step ahead of your peers to make the difference, no matter the career field, no matter the task, whether you've been ordered to do so or just see something that needs to be fixed.

Vince Lombardi's ideals and character would have served amongst the greatest of generals. Although he chose football instead of a military career, his standards transcend one profession and apply to all of us in our endeavors to defeat an enemy. I challenge you to play on Coach Lombardi's team.

News

DoD officials release assault, harassment survey results

By Tech. Sgt. David A. Jablonski Air Force Print News

WASHINGTON - Department of Defense officials released survey data from the three service academies March 18 on the climate of sexual harassment and assault among cadets and midshipmen.

During the spring of 2004, the DoD inspector general conducted the survey at the military service academies in response to a requirement for an annual assessment in conjunction with the Defense Task Force on Sexual Harassment and Violence.

The survey provided information on cadet values, academy climate, sexual harassment and sexual assault, the scope of recent sexual assault incidents and factors that affect sexual assault at the service academies. The results signaled another step in the Air Force Academy's effort to eliminate sexual assault and any climate that fosters it, officials said.

Most notably, female Air Force cadets held the majority view that men and women are treated fairly overall. Respondents included 653 women and 992 men who provided useful insights into the culture, as it existed then.

Officials said it also provided some validation the academy is on the right path, and offered sufficient information to continue improving character-based leadership development of cadets.

Peter Teets, acting secretary of the Air Force, has absolute confidence in the leadership ability of the academy superintendent, Lt. Gen. John Rosa and his continuing focus on leadership and character development, said Michael Dominguez, assistant secretary of the Air Force for manpower and reserve affairs.

"While this data is a year old, it reinforces the importance of the agenda for change and our continued focus on officership in the context of our core values: integrity, service and excellence," he said.

The survey is just one of many data points in the academy's ongoing efforts to measure its progress, he said.

"We expect future annual surveys to reflect the profound cultural changes we are bringing about at our academy," Mr. Dominguez said. Defense Manpower and Data Center officials will conduct the next

survey April 25-29 and every year through 2008. The complete survey is available at www.dodig.osd.mil.

Predator fleet to expand

WASHINGTON (AFPN) - Air Force officials plan to expand the current Predator Unmanned Aerial Vehicle fleet to as many as 15 squadrons.

This increase, announced March 18, is in response to the escalating demand for intelligence, surveillance and reconnaissance capability in the war on terrorism.

The plans are intended to ensure an increased number of Predators are available in U.S. Central Command's area of responsibility as well as for new opportunities, officials said.

"Combating terrorism requires the Air Force provide worldwide vigilance and awareness through persistent command, control and surveillance capabilities, ensuring our nation's ability to see first, understand first and act first," said Peter Teets, acting secretary of the Air Force. "Our effort in regard to UAVs is just one more capability that allows us to ensure air dominance for our joint team in any environment we operate."

In a Future Total Force initiative that will establish two Air National Guard Predator units in Texas and Arizona. Air Force officials are determining manpower and training requirements that will significantly enhance the Predator's ability to support combatant commander requirements. ANG Airmen will operate the UAVs from their respective states. Additionally, Air Force officials plan to place a Predator squadron with an ANG unit in New

One of the six Future Total Force initiatives involved establishing a distributive ground station in western New York to process global intelligence information. After assessing intelligence, surveillance and reconnaissance requirements and reviewing concepts of operation, Air Force and Air National Guard



The RQ/MQ-1 Predator unmanned aerial vehicle is a lightweight, low horsepower aircraft capable of flying more than 20 hours of intelligence, reconnaissance and surveillance missions, helping protect ground troops in Iraq. (Photo by Army Spc. Leah R. Burton)

leaders determined establishing a Predator unit in New York would provide a more immediate impact to the war on terrorism, officials said.

"Through Future Total Force initiatives such as the expansion of Predator units within the Air National Guard and the Air Force Reserve, the Air Force will leverage persistent command, control, surveillance, global mobility and rapid strike to win the global war on terrorism, and strengthen joint warfighting capabilities, while minimizing risk to the nation," said Lt. Gen. Stephen G. Wood, Air Force deputy chief of staff for plans and

Besides the ANG Predator units, the Air Force currently has three operational, activeduty Predator squadrons located at Nellis Air Force Base and Indian Springs Air Force Auxiliary Field in Nevada. Air Force Special Operations Command and Air Force Reserve Command Airmen also will operate Predators out of Indian Springs.

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12th Trainer Development completes C-130 project

By Bob Hieronymus Wingspread staff writer

Last week, the cockpit section of a C-130H was loaded onto a flatbed truck and pulled out onto the highway through Randolph's west gate – another successful job completed by the 12th Mission Support Group Trainer Development Division.

The division has a long record of doing difficult tasks well, but this one was unusual. Totally contained inside a large white, metal shell, the C-130 cockpit was part of an older training device used by the 94th Airlift Wing at Dobbins Joint Air Reserve Base, Ga. The 94th AW currently flies the C-130H model on airlift missions around the world.

With their high operations tempo, the unit's funding for training was tight, explained Paul Ramsay, 12th Trainer Development Division assistant chief. The people at the 94th AW advertised for help in reconfiguring the older C-130 trainer into a layout that matched the model aircraft they currently fly. Commercial sources priced a new trainer at \$12 million, but the 12th TDD offered to do the reconfiguration job for \$5.5 million. The deal was struck and the older device was soon on its way to Texas.

Keith Seguin, project leader here, said the task involved an extreme makeover of the cockpit instrument panel so that it matches the C-130H-2. Since this is a level six training device, all the instruments had to present realistic displays as called for in the training syllabus, along with responses to the aircrew's actions. The new system also includes audio to replicate aircraft-related noises.

A level six device, Seguin said, is the highest level of training devices. Trainers can range from level one, simple hand-held classroom devices, up to this six-level, full-scale mock-up. Beyond this level the terminology changes to simulators, which includes motion or visual displays outside the cockpit windows, or combinations of both.

The trainer includes all three cockpit positions for pilot, co-pilot and flight engineer and a console for an instructor. Wiring all the controls and instruments to sensors, actuators and computers is highly technical work, said Gilbert Garcia, shop foreman.

"Everyone in the division worked on the project at one time or



Gerald Welty, 12th Mission Support Group, checks circuits on the C-130H cockpit trainer the Trainer Development Division built recently for the 94th Airlift Wing at Dobbins Joint Air Reserve Base, Ga. (Photo by Steve White)

another," Mr. Garcia said. "We even contracted some parts out when it was beyond our in-house capability. Things like powder coat paint and seat upholstery are elements we don't have equipment for."

The project took 15 months to complete here.

"Last week we shipped the trainer to Southwest Research Institute here in San Antonio where the software has been developed," Mr. Ramsay said. "They will take three months to test and debug the systems and then it goes back to Dobbins JARB for another three months of testing before it is accepted by their training people."

"Every hour spent in this trainer

frees up one hour of flight time for an operational mission," he said. "That makes good sense on the budget side of the house and great sense in terms of resources available for missions."

Col. Joseph Schwarz, 12th Mission Support Group commander, applauded the work of the Trainer Development team.

"They are skilled people who know how to take an idea and turn it into real, working hardware," he said. "This is one more in a long record of successful projects produced by the people of the trainer development division. They have earned a reputation for doing the tough jobs well."

Following is one of a series of tips related to filing federal income tax returns offered by the 12th Flying Training Wing Judge Advocate office.

Tax Tips

Troops deployed in combat areas get tax credit options

Servicemembers receiving federal tax exemptions for all or part of their military pay may elect to apply for certain tax credit options. The earned income tax credit primarily involves lower income filers with children, but the additional child tax credit may provide refunds for children younger than age 17.

Enlisted servicemembers serving in combat areas already have all their military pay excluded from federal taxes. Officers in combat zones can exclude as much as \$6,529 from their monthly pay.

All servicemembers serving in combat zones have up to 180 days after leaving the zone to file their tax returns.

NEWS BRIEFS

DoD sexual assault policy

New guidelines for confidential, restricted reporting of sexual assaults in the Defense Department were announced March 18 in a Pentagon briefing.

The policy now allows victims to report a sexual assault to specified individuals without necessarily initiating an investigative process and still gives them access to medical care, counseling and victim advocacy.

The policy also aims to balance the needs of the victim with the needs of commanders. Within 24 hours of sexual assault, where the victim chooses to seek care but not pursue an investigation, commanders will be informed of the incident. However, commanders will not get personal identifying information about the victim.

The new sexual-assault prevention policy was originally announced in January. The confidential and restricted reporting portion is scheduled to take effect in mid-June.

Department officials stress that sexual assault is a crime and will not be tolerated.

12th LRS wins AETC award

Air Education and Training Command announced the 12th Logistics Readiness Squadron is the 2004 National Defense Transportation Association Military Unit Award (Active) winner.

The unit will now go on to Air Force level competition.

Among the unit's many accomplishments, the 12th LRS moved more than 96,000 aircrew and delivered 30 million gallons of fuel. They did this with 205 military and civilian personnel of whom 48 were deployed a total of 4,388 days in support of worldwide expeditionary operations.

They kept the base fleet of 392 vehicles in service with a 93 percent incommission rate – and that with almost half of the vehicles eligible for replacement.

The 12th LRS record of supply support for aircraft maintenance was the best in the command.

SRB list drops to 32 specialties

Air Force officials made significant changes to the selective reenlistment bonus program as a result of continuing force-shaping efforts.

The new list contains 32 Air Force specialties, down from 62 and is effective March 24. Decreased and deleted bonuses take effect April 23.

People can view the new list at www. afpc.randolph.af.mil/enlskills/Reenlistments/reenlistments.htm.

Purple Heart recipients honored

The Houston Astros will honor and salute Purple Heart recipients who are still on active duty when they begin the 2005 Major League Baseball season. Ten Air Force Purple Heart recipients will receive two tickets each to attend the opening day game against the St. Louis Cardinals April 5 at Minute Maid Park.

Air Force active duty members who are qualified should call Staff Sgt. John House at 710-3437 for more information.

IDEA Program training

The 12th Mission Support Squadron Manpower and Organization Flight is conducting Innovative Development through Employee Awareness training for unit points of contact. The one-on-one training lasts about one hour. Contact Christine Buchholz at 652-2590 extension 3059 for an appointment.

Women reflect on progress, change

With Women's History Month coming to a close, three people who have spent long careers in the Air Force reflect on the role of women in the military, past and present

By Jennifer Valentin Wingspread staff writer

Randolph is home to many women, military and civilian, who have seen changes throughout their careers in the Air Force itself and on base.

As Women's History Month comes to a close, three Randolph women - a civilian, senior NCO and officer reflect on the growth of opportunities for women in the military they have witnessed during their long association with the Air Force.

"If you believe in yourself and your abilities, you will be able to prove it to the rest of the world," said Sharon McDaniel, 12th Flying Training Wing protocol office.

Ms. McDaniel started her 20-year Air Force career as a base dental surgeon secretary at Laughlin Air Force Base in Del Rio, Texas. She was a military spouse at the time.

"During my time when I first came in the military, the Air Force was male driven," said Ms. McDaniel. "It has taken time for women in the military to evolve."

After her time at Laughlin, Ms. McDaniel worked in the Air Training Command protocol office before coming to the 12th FTW protocol office.

She wears several hats as the chief of protocol for the wing. She advises wing members of proper protocol and procedures, helps set up base tours, advises senior leadership members in



Sharon McDaniel, 12th Flying Training Wing protocol officer, arranges the U.S. flag in the rotunda of the "Taj." (Photo by Jennifer Valentin)



Chief Master Sgt. Nancy Dameworth, 12th Security Forces Squadron manager, talks with Senior Airman Jana Sautter. (Photo by Jennifer Valentin)

matters of protocol, and helps organize ceremonies such as retirements, promotions, changes of command and special events.

"When I came in the military, the jobs available to women were those of a nurse, dental technician or administrative positions," said Ms. McDaniel. "Now, the jobs available cover a wider variety of careers, such as pilots, navigators or crew chiefs on the flight line."

Women have evolved from the stereotypes placed on them, said Ms. McDaniel. Women at Randolph, for example, have come a long way.

"Since coming to Randolph, I have noticed a lot more women are holding senior leader positions, such as our group commanders, security forces superintendent and division chiefs," said Ms. McDaniel.

Ms. McDaniel said she had to prove her credibility among some of the male military members in the beginning of her career.

"When I first came in the military, I was working a ceremony and a major had questioned my knowledge of the Air Force regulations," said Ms. McDaniel. "I proved to him, however, that I knew my stuff. If you earn respect among others and show that you can do your job, that will make you successful. It is not the amount of money you earn, but the respect you earn."

Being in the military for 29 years, Chief Master Sgt. Nancy Dameworth knows about respect and how to earn it within her career field.

Chief Dameworth is the 12th Security Forces Squadron manager, in charge of all the enlisted personnel within the squadron, handling personal issues and problems that may arise among them.

"When I came in the security forces career field, it was predominantly male." said Chief Dameworth. "Women could not be a member of the security division, only the law enforcement division. No war-fighting tasks were involved where women concerned.'

In the early 1980s, said Chief Dameworth, women were tested to be able to be part of the security division and be deployed. They had to re-test in the 1990s, when they were finally admitted to that part of the career field.

One major change Chief Dameworth has noticed within the last 20 years in the Air Force is even though the security forces career field is still predominantly male, there is no discrimination among the women in the career field, she said.

"While there are still not a lot of females in the authoritative positions in security forces, we are accepted more within the field and we are treated better than when we first came in." said the chief.

Chief Dameworth does recall, though, a time on base when she felt discriminated against by a driver who was stopped for a traffic violation.

"We had stopped someone on base in a traffic incident, and I was with a male junior NCO who was my troop,' said the chief. "The male we stopped never looked at me and answered my questions while looking at the male troop the whole time. It just shows that some people still see women as women and not the person they are."

Since arriving on Randolph in February 2001, she has seen more women in career fields that were male dominated, such as in the role of command chiefs or pilots.

"On base, I have never felt discriminated against among my peers," said Chief Dameworth. "I was never told I could not do anything because I am a woman. I get a fair shake here, and it makes the working environment comfortable."

Stationed at Randolph as the 12th Medical Group commander, Col. June Gavron said she has seen positive changes for women in the Air Force during her 24-year military

"Being in the military has given me the opportunity to advance both as an



Col. June Gavron, 12th Medical Group commander, checks equipment in an exam room with a group of medical staff. (Photo by Bob Hieronymus)

officer and a nurse, with experiences unique to military medicine such as aeromedical, contingency operations and humanitarian operations - all which can't be equaled in the civilian sector," said the colonel.

As commander, Colonel Gavron is responsible for the three squadrons that fall under the medical group, providing for the medical needs of Randolph and a beneficiary population of more than 40,000.

Colonel Gavron said in the Air Force and in her career field she has never felt she has been treated differently as a woman. The military gives women, as well as men, more opportunity for advancement than with many similar career fields in the civilian sector, she

"The military is often ahead of the civilian sector because of the vast array of career fields that grow leaders from the beginning of one's career and a promotion system that accords the appropriate rank for leadership responsibility," said the colonel. "There is no limit to what a woman can achieve, as long as she has the capability and believes in herself.

"The military gives its members the chance to follow the path they choose and advance in the field they work in, regardless of their gender."

Colonel Gavron said one particular woman who has inspired her is Eleanor Roosevelt.

"She is a great example of someone we all should look up to," she said. "She didn't always take the easy road, but always followed her beliefs and in her own way left a very positive impact on our nation, its leaders and our international relationships."

Home Alone Program

Family Advocacy holds class for parents, latchkey kids

By Shelia Beville 12th Medical Operations Squadron

The Randolph Family Advocacy Center conducts a revised Home Alone class Thursday at 5 p.m. in the family support center.

The 12th Flying Training Wing youth supervision policy was recently revised and makes it mandatory for children who will stay home alone on base to complete the class with at least one

The training is primarily for families who live on base. However, it is open to stay by themselves. All children are different, but a child under 10 years of age cannot be left home alone on Randolph for any period of time."

"There is no magical age when children are ready to

Earl Pruitt Family Advocacy Outreach Manager

everyone in the Randolph community. The training will focus on base guidelines and other information regarding leaving children home alone.

"There is no magical age when children are ready to stay by themselves," said Earl Pruitt, family advocacy outreach manager. children are different, but a child under 10 years of age cannot be left home alone on Randolph for any period of

Inappropriately leaving children unattended can, in certain cases, be considered child neglect, he said. Violations of the rules can result in security forces reports being forwarded to the unit commander and family advocacy for proper action.

There are several other age considerations that are applicable on base that must be taken into account.

Base officials suggest parents living off base use the base's home alone policy youth supervision grid as a guide.

Families attending the class will receive a certificate of completion. To sign up for the class, call 652-6308.

OIF two years later: Progress continues on all fronts

By Donna Miles

American Forces Press Service

BAGHDAD, Iraq – On March 18, 2003, the clock was ticking on President Bush's ultimatum for Iraqi dictator Saddam Hussein and his sons to leave Iraq within 48 hours.

The next day, two days after the president's televised ultimatum, coalition forces launched operations to disarm Iraq.

"On my orders, coalition forces have begun striking selected targets of military importance to undermine Saddam Hussein's ability to wage war," President Bush said

He said the coalition, which consisted of 35 nations at the time but has since grown to 72, was moving to disarm Saddam and put an end to his bloody regime.

"Every nation in this coalition has chosen to bear the duty and share the honor of sharing in our common defense," President Bush said.

Two years later, Iraq is on a new course towards democracy. The dictator who held the country with a firm grip for 35 years is behind bars.

More than 8 million Iraqis exercised their right to choose their new government Jan. 30. And on March 16, Iraq's new transitional national assembly was seated. The assembly will write Iraq's new national constitution, to be ratified in October, followed by national elections in December, officials said.

Speaking at a White House press briefing earlier this week, President Bush called the assembly's seating "a hopeful moment" for Iraq.

U.S. Central Command officials said Iraq's elections marked a milestone in the country's move toward a representative government.

"Jan. 30 in Iraq was a galvanizing event," said a senior CENTCOM official. "It didn't end the resistance, but it certainly put a light at the end of the tunnel."

Iraq's security forces grow stronger, boosted by success during the elections, when they provided critical security around polling stations throughout the country, officials said.

President Bush called the progress "positive signs that have taken place in the development of the Iraqi

security forces," but acknowledged "there's still work to be done" – something he said U.S. allies understand.

Also in Iraq, hundreds of reconstruction projects are under way, providing essential services like electricity and water throughout the country that are considered vital not only to quality of life, but to security in Iraq, officials said. Currently, Baghdad gets about 13 hours of electricity per day, with the rest of Iraq receiving about that same amount.

"And it's getting better every day," said Marine Corps Col. Patrick Kanewske, CENTCOM's chief of current operations.

Two years into Operation Iraqi Freedom, the coalition remains solid and "is probably healthier and stronger than any other international coalition," said Marine Corps Col. Kerry Burkholder, CENTCOM's deputy chief of coalition operations.

"(Coalition forces) are the backbone of everything that has been successful in Iraqi Freedom as well as Enduring Freedom (in Afghanistan)," said Brig. Gen. Doug Raaberg, CENTCOM's deputy director of operations. Their support, General Raaberg said, has been "just tremendous."

Puppy pulse



Dr. Richard Avery and veterinarian technician Stephanie Geren examine a dog at the vet clinic recently. The veterinarian clinic is open Monday through Friday from 7:30 a.m. to 3:30 p.m. Those who are active duty or retired military can bring their pet to the clinic. The clinic sees patients mainly for annual shots and minor problems such as those that occur with a pet's eyes, ears or skin. Appointments are necessary, but clinics are offered periodically. For more information about the vet clinic, call 652-3190. (Photo by Joel

Victims Rights Week observed, volunteers needed

By Jennifer Valentin Wingspread staff writer

National Crime Victims' Rights Week is observed April 10-16.

Although this week serves to raise awareness of crime victim rights, the Randolph Victim Witness Assistance Program ensures crime victims have a voice everyday.

In observance of National Crime Victims' Rights Week, VWAP members will be at the base exchange April 3 from 1-3 p.m. with pamphlets and brochures on the program.

The Victim Witness Assistance Program is supported by a council comprised of representatives from many base organizations, such as family advocacy, the legal office and the chaplain's office. They are tasked with providing support to victims.

A highly skilled group of volunteer advocates is trained by the council to provide one-on-one assistance.

"The VWAP assistance begins when the victim reports the crime to military officials," said Evelyn Mickles, VWAP council member. "At that point, a volunteer advocate is assigned to the



Justice Isn't Served Until Crime Victims Are

National Crime Victims' Rights Week April 10-16, 2005

crime victim to help them get the services they need and to help guide them through the military legal system."

It is the work of the volunteers, known as victim advocates or liaisons, which is most vital to the success of the Victim Witness Assistance Program. Currently, the program is looking for additional volunteers to lend their time and compassion, said Ms. Mickles.

"The volunteers needed for the program are responsible for assisting one victim at a time," said Ms. Mickles. "Volunteers can be active duty members, civilians or retirees. The program volunteers must be compassionate, willing to be connected

in a relationship with the victim and respectful."

Volunteers attend an eight-hour training course before becoming a volunteer for the program. Once selected, the volunteers periodically go through additional training during their time in VWAP, including attending a military court hearing. Volunteers also attend quarterly council meetings.

"The training, taught by council members and community victim advocates, will include role playing, understanding the victim and what a victim is, how to be a good volunteer, the court-martial process and information on sexual abuse and confidentiality," said Ms. Mickles.

"They will learn to understand the victim and assess what help is needed. More importantly, they will keep the victim informed and lend an ear."

"We keep the same volunteer with the same victim throughout their case," said Ms. Mickles. "We want the victim to have stability and continuity with their volunteer."

The volunteer attends all of the victim's court cases and keeps the victim informed about the process each step of the way. The volunteer is with the victim from the beginning of the trial until the end.

This program began to help people who have been victims. It gives them a place to reach out to for help, said Ms. Mickles. Sometimes the victims don't know who to turn to. VWAP members want to be that helping hand guiding them to community and base resources.

Also in observance, a fun run and walk takes place April 8 at 7 a.m. at Eberle Park. Free t-shirts will be given to the first 50 people who participate.

For more information on volunteering or for more information on the fun run and walk, call Ms. Mickles at 652-3110.

DFAS, myPay officials assure personal data security

ARLINGTON, Va. - With "phishing" scams occurring more frequently, Defense Finance and Accounting Service officials said they want to assure customers that every precaution is taken to secure

Customers should be aware that the agency and its Web-based system, myPay, will not ask for personal or financial information by e-mail, DFAS officials

Individual DFAS customers can enter the myPay Web site with a personal identification number to access the secure financial page to make changes to personal information, officials said.

Phishing attacks trick people into passing personal information by luring them to false corporate Web sites or by requesting personal information be sent in a return e-mail.

"Phishers" send e-mails or pop-up messages claiming to be from a business or organization individuals would routinely deal with - an Internet service provider, bank, online payment service or even a government agency, said Federal Trade Commission officials. The message usually tells people that they need to 'update' or 'validate' account information and might threaten dire consequence if they don't respond.

People are directed to a Web site that mimics a legitimate organization's site. The purpose of the bogus site is to trick them into divulging personal information so the scam operators can steal identities and make purchases or commit crimes in the victim's name, officials said.

DFAS officials offer the following tips to help avoid getting hooked by a phishing scam:

- Use anti-virus software and keep it up to date. Some phishing e-mails contain software that can harm computers or track activities on the Internet without the user's knowledge.
- Do not e-mail personal or financial information. E-mail is not a secure method of transmitting

personal information. If people initiate a transaction and want to provide their personal or financial information through a Web site, look for indicators that the site is secure, such as an image of a lock or lock icon on the browser's status bar or a Web site address that begins with an "https." Unfortunately, no indicator is foolproof; some phishers have forged security icons as well.

The myPay site combines strong encryption software and secure technology with the user's Social Security number, PIN and secure Web address or DoD-specific telephone number.

These all act as safeguards against unauthorized access, officials said. This combination prevents information from being retrieved by outside sources while information is being transmitted. The secure technology provided to myPay customers meets or exceeds security standards in private industry.

(Courtesy of Air Force Print News)

Youth center goes to Xtremes

New program offers challenges for building teamwork

By Jennifer Valentin Wingspread staff writer

Rock climbing, bungee jumping, kayaking and teens can be a combination for fun. The youth center is serving this up - extreme style.

The Xtreme Challenge, the center's new program, is for youth ages 14-18 who want to participate in outdoor activities while learning about teamwork and building self-esteem.

"We created the program to focus on team building as well as leadership skills," said Jennifer Velo, youth center youth programs assistant. "We want the teens

to learn how to work together and how to work as a leader."

The Xtreme Challenge includes five sporting events: a high ropes course, rock climbing, river kayaking, bungee jumping and tandem sky diving. The challenges take place throughout the state of

The program is supervised by certified technicians who accompany the youth on their trips, said Ms. Velo. The parents and the youth have to sign a waiver before they can participate in any of the sports. They can register by contacting Ms. Velo at

"Each of the challenges gives the youth the chance

to work together to overcome any fears they may have," said Ms. Velo. "We want the outcome of the challenges to be a positive one, focusing on communication between the youth."

The program kicks off April 2. Other program dates will be scheduled at a later time for weekends throughout the remaining school year. There are 15 spots open for the program for each event.

"The challenges are geared toward youth who enjoy thrill-seeking activities," said Ms. Velo. "The program provides an opportunity to experience different outdoor activities that are extreme but held within a safe environment. This is the ultimate learning process for our youth."

USO holds 'Incredibles' event downtown Saturday

The United Service Organizations office in downtown San Antonio holds an event for military members and their families Saturday at 10:30 a.m.

The event features costumed characters from the Incredibles movie.

Sponsored by SBC, Pioneers from that organization will also give away 200 Incredibles-theme telephones and 5,000 copies of the Incredibles DVD to military families in attendance.

The San Antonio USO is located at 420 East Commerce St.

In addition to this special event, the USO in San Antonio holds a \$1 dinner night every Saturday at 5 p.m.

Founded by President Franklin D. Roosevelt in 1941, the USO dedicates its efforts to delivering America to all branches of the military worldwide. The USO is the only civilian organization congressionally chartered to provide supportive services to the military and their families.

USO San Antonio was chartered in 1964 and has a long-standing tradition of service, according to the organization's Web site.

"Friendly staff members and volunteers are ready to assist you with information about lodging, transportation, special events, local attractions and more," officials said.

☆ Gen. Ronald Fogleman, Air Force Chief of Staff, approved recommendations of the recent Air Force Uniform Board meeting. More than 2,500 proposals were considered, of which 55 were approved, including the return of name and "Air Force" tapes to the BDU, a more distinctive base honor guard uniform, and a single color for the women's service cap. Among the items not approved were a white dress uniform and wearing of swords by officers.

☆ Members of the armed forces and reserve components are now eligible for the Military Outstanding Volunteer Service Medal. The new recognizes exceptional and direct community service over an extended period of time.

☆ Dr. Barbara Maddox, Randolph Field Independent District School superintendent, returned from a trip to Washington, D.C., where she appeared before a congressional committee considering cuts in the funds supporting military schools. She reported that, while comparable schools in Texas spend an average of \$6,035 per pupil, RFISD spends \$5,285 and the academic scores are far above average.

Flyers

Continued from Page 1

returning to flying status.

In keeping with a long Air Force tradition, when a pilot completes his last combat mission, his "fini flight," he is met on the ramp by a welcoming spray of champagne. Those aircrews who were shot down over North Vietnam obviously never received that honor, so during their requalification flight training a new

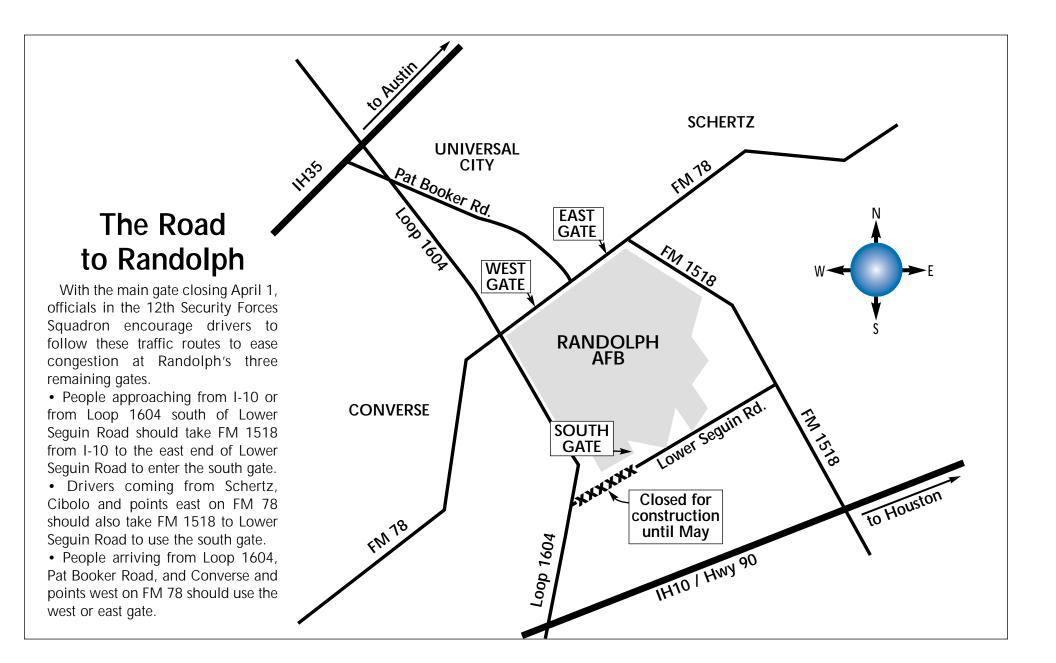
tradition was created. They would count the landing of their first flight as the conclusion of their combat fini flight with all the traditional festivities.

Some of the former POWs who were not returned to cockpit duties were later offered the opportunity to fly in a T-38 in a symbolic fini flight. The 560th FTS flew the last of those men in 2003. Air Force officials believe the pool of potential candidates for these fini flights has now been exhausted.

At the 2004 reunion, the second edition of the book "Home With Honor" was released. The book is a collection of vignettes about each of the 193 Freedom Flyers who completed requalification training or had a fini flight with the 560th FTS.

Brig. Gen. Robinson Risner, Freedom Flyer # 160, is quoted in the "Home With Honor" book. He was a prisoner for seven years, five months.

"During my imprisonment the things that sustained me to the greatest extent were my faith in God, the American people, my Command-in-Chief, my fellow POWs, and my wonderful wife. I never lost hope, and I never did despair of coming back alive. I believe, as do all of the other men who were imprisoned in North Vietnam, that we came back stronger, better men."



Bus Stop and School Map

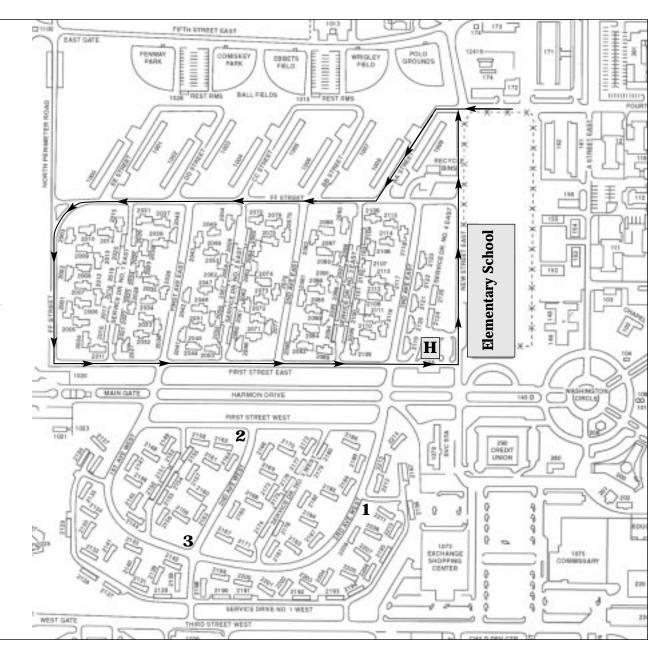
With the closing of all access across Harmon Drive for completion of the construction project at the main gate and on the drive, bus service will start April 1 and run through the end of the school year to transport elementary school students from the West Wherry Housing Area to the school. In addition to the bus stops, this map indicates the flow of traffic around the former East Wherry Housing Area people must follow to get to the school. The Randolph Housing Office is also on this route (**H**). New B Street East adjacent to the school is a one-way street from Harmon Drive to Fourth Street East at the end of the school grounds.

School bus schedule for West Wherry housing

| Bus Stop | Bldg. | Pick-up | Drop-off |
|----------|-------|-----------|-----------|
| 1 | 2211 | 6:47 a.m. | 3:45 p.m. |
| 2 | 2164 | 6:51 a.m. | 3:48 p.m. |
| 3 | 2163 | 6:55 a.m. | 3:51 p.m. |

Students arrive at the school at 7:10 a.m. and depart at 3:35 p.m.

Direction of travel to Elementary School and Base Housing Office



Fam-A-Ganza offers fun for everyone

By Jennifer Valentin Wingspread staff writer

Randolph's annual Fam-A-Ganza family event is scheduled for April 9 from 10 a.m. to 1 p.m. at the youth center.

Held in celebration of the Month of the Military Child, the scheduled activities for the event include arts and crafts, face painting, a petting zoo, bouncy inflatables, and martial arts and gymnastics demonstrations.

"The highlight of this year's event is the Colossal Cookie Challenge," said Rodney Tramble, director of youth programs. "Children and adults have the chance to show off their baking skills and bring a variety of cookies to the event."

In the challenge, there are four cookie categories: holiday or special occasion decorated cookies, no bake cookies, healthy cookies (must contain fruit, nuts or cereal) and cookie makers special (everything that doesn't fit any other category). The cookies will be judged during the event.

Prizes are given to the top three winners in each category. First place winners in each category have the opportunity to compete at the major command level and possibly at Air Force level.

Entry forms are available from the services information racks located at the BX, BXtra, military personnel flight building, the clinic, information, tickets and travel office, the dining facility and the bowling center.

The event is open to all Department of Defense ID cardholders, and more information is available by contacting the youth center at 652-2088.

There will also be numerous information booths with giveaways, demonstrations and handouts at the event. Dental, optometry and pediatrics personnel, veterinarian clinic personnel, TRICARE, the Randolph Information, Tickets and Travel office and outdoor recreation are just a few of the participants.

"There will be something for everyone of all ages at this year's Fam-A-Ganza," said Mr. Tramble. "It is our eighth year hosting the event, and we encourage everyone to come out and celebrate the military child."

The event is sponsored in part by Randolph-Brooks Federal Credit Union, Army Air Force Exchange Service, Eisenhower National Bank and Labatt



People enjoy the activities at the 2004 Fam-A-Ganza held at the youth center. This year's event takes place April 9 from 10 a.m. to noon. (Courtesy photo)



Fire officials stress candle safety

By Daniel Vandergriff

Randolph Fire and Emergency Services Flight

Fires caused by candles causes 190 fatalities, 100,000 injuries and \$265 million in property loss each year.

Improper use of candles is on the rise in the

According to the U.S. Fire Administration, the top three causes of residential candle fires were candles left unattended, proximity to combustibles and children playing with

These numbers should be cause for concern. Consumers must learn that while candles are manufactured to be a source of light and comfort, when coupled with Murphy's Law, they can cause disaster.

Problems associated with candle use are easily preventable. The National Candle Association offers these safety tips to minimize the inherent dangers of candle use:

- · Always keep a burning candle in sight
- Never burn a candle on or near anything that
- Keep burning candles out of the reach of children and pets
- Trim wicks to 1/4 inch prior to each use
- Don't burn a candle for more than three hours The Randolph Fire and Emergency Services Flight urges people to use candles carefully, and reminds them candles are prohibited in dorms, work centers and temporary living facilities.

Poison prevention

Keep dangerous items out of children's reach

By Jennifer Valentin Wingspread staff writer

Children can get into trouble in many different ways around the home, but one of the most overlooked dangers is poisonous substances.

Children under the age of five are in stages of development in which they are exploring the world around them. Unfortunately, children can reach for chemicals and other hazardous products and possibly put the substance in their mouth, according to www.poisonprevention.org.

Products such as cleaning chemicals, medication, dishwasher detergent, furniture polish, gasoline, lighter fluid and alcoholic beverages should be kept out of a child's reach and locked up. Children have the opportunity to grab something that is in their reach before an adult can even notice.

"Parents and caregivers should be vigilant and keep all hazardous items out of a child's reach," said Maj. Felecia Johnson, pediatric clinic. "Women who keep medication in their purse should keep

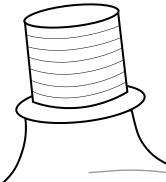
their purses in a high location, not on the floor or a chair, because a child can easily get in the purse and grab the medication."

If a child ingests a hazardous item, their reactions will vary. The child could vomit, appear to be drowsy or sluggish, or have burns around their mouth, according to the Web site. Even if a parent suspects and is not sure if their child swallowed something harmful, they should still call the poison control center. Some products do not cause immediate symptoms.

If the parent or caregiver knows what the child swallowed, they should have the bottle with them when calling poison control. Not all medicines or household chemicals are harmful, and not all exposures result in poisoning. But parents should still call poison control or 911 to make sure their child is not in danger.

"Do not give the child any other medicine until calling the poison control center," said Major Johnson. "Any more medication could make the situation worse."

Poison control can be reached at 1-800-222-1222.



Tips to Prevent Poisonings

- Use child-resistant packaging properly by closing the containers securely after use
- Keep all medicines, including vitamins, and chemicals out of sight and locked up When hazardous products are being
- used, never let the child out of your
- Keep chemicals and hazardous items
- in their original container When giving a child medicine, make
- sure to check the dosage every time
- Clean out the medicine cabinet periodically, making sure to throw out expired medicine

Fit to Fight

The following people at Randolph are recognized for perfect and excellent scores on their annual physical fitness evaluations:

Perfect score

Jon Black Ryan Clark Timmothy Dickens Mark Dralle Brian Greenwood Philip Kemp Joe Kleeman Alexander Larsen Christopher Levy William Lynch John Poast John Schiferl

90 and Above

Jose Aleman Robert Barker Dan Barone Matt Bronk **David Burns** Mark Burns Pat Bush **James Carter** James Chamberlain James Covelli Ryan Craycraft **Douglas Davey** David Eisenstein Jennifer Hays Gretchen Holden Michael Larson Mark May Mason Phelps Andrew Riepe Craig Rumble Kenneth Shugart



James Smith

Intramural Bowling **Standings**

As of March 14

| AS OF IVIATOR 14 | | | | | |
|------------------|-----|-----|--|--|--|
| Team | W | L | | | |
| SVS | 136 | 56 | | | |
| AFPC | 121 | 71 | | | |
| JPPSO | 120 | 72 | | | |
| AFSAT | 113 | 79 | | | |
| AFPOA | 112 | 80 | | | |
| DFAS | 110 | 82 | | | |
| AETC/SC | 108 | 84 | | | |
| AETC/LG | 105 | 87 | | | |
| AFMA | 100 | 92 | | | |
| SVS TOO | 98 | 94 | | | |
| AETC/FM | 97 | 95 | | | |
| CS | 95 | 97 | | | |
| LRS | 94 | 98 | | | |
| CPTS | 92 | 100 | | | |
| AFSVA | 90 | 102 | | | |
| AFPC/ESC | 90 | 102 | | | |
| SFS | 87 | 105 | | | |
| MED GP | 86 | 106 | | | |
| AMO #1 | 85 | 107 | | | |
| AETC 900 | 84 | 108 | | | |
| RS | 82 | 110 | | | |
| AMO TOO | 80 | 112 | | | |
| AETC/DP | 67 | 125 | | | |
| BYE | 46 | 146 | | | |

Team Score **AFPC** 2942 **AFPOA** 2926 2772 **TEAM HANDICAP SERIES**

SVS 3556 **AFMA** 3404 **DFAS** 3397

TEAM SCRATCH GAME

Team RS 1033 SVS TOO 981 AFPC/ESC 917

TEAM HANDICAP GAME

AETC/F 1212 AETC/SC 1165 **AFSAT** 1163 **SCRATCH SERIES**

Men Walt Banks Women Score Judy Smith 612 **SCRATCH GAME**

Score Andy Anderson Jr. 264 Women Score Lisa Barker 208



Jim Walsh keeps a bottle of water handy as he prepares for a workout outside the Randolph Fitness Center Wednesday. Health officials recommend proper hydration before, during and after exercise to avoid dehydration and heat-related illnesses. (Photo by Steve White)

Health officials recommend proper hydration

By Michael Briggs

12th Flying Training Wing Public Affairs

The arrival of spring weather means warmer temperatures and perspiration during outdoor exercise.

Health officials recommend people properly hydrate themselves before, during and after fitness activities to avoid dehydration and heat-related problems.

Officials at the American Council on Exercise recommend water as the primary hydration fluid to maintain health.

"Water is one of the most essential components of the human body, yet many people do not understand the importance of a well-hydrated body nor how much water is lost during the day," officials said.

The simple formula for hydration, according to ACE, is water out leads to the need for water in. Water must be consumed to replace the amount lost each day during activities. Water regulates body temperature and lets heat evaporate from the body in the form of sweat. In one hour of exercise, a person can lose more than a quart of water, depending on exercise intensity and air temperature.

If there is not enough water for the body

Healthy Hydration

The American Council on Exercise recommends the following fluid consumption for people who are exercising.

- Drink one to two cups of fluid at least one hour before the start of exercise.
- Drink eight ounces of fluid 20 to 30 minutes prior to exercising.
- Drink four to eight ounces of fluid every 10 to 15 minutes or so during exercise.
- · Drink an additional eight ounces of fluid within 30 minutes after exercising.

to cool itself through perspiration, the body enters a state of dehydration, according to ACE officials. Dehydration can lead to a lack of energy and muscle cramps initially. Extended dehydration can lead to heat exhaustion and heat stroke, a potentially deadly condition.

According to the American Academy of Pediatrics Committee on Sports Medicine, children and adolescents are more susceptible to heat-related illnesses than adults. They also report all heat-related illnesses are preventable primarily through proper hydration.

To avoid heat-related health problems,

officials with ACE recommend people drink one to two cups of fluid at least an hour before exercise. They should follow up with another cup of fluid 30 minutes before exercise. During exercise, people should drink about a cup of fluid every 10-15 minutes. Within 30 minutes after exercise, they should drink at least another cup of fluids.

While water is the best fluid replenisher, sports drinks help replace lost electrolytes for people engaging in high-intensity exercise for 45 to 90 minutes, officials said. Fruits, vegetables, juices and soups also provide hydration for the body.

Officials say to avoid caffeine and alcohol before, during and after exercise, as those fluids can increase dehydration by having a diuretic effect.

Everyone's metabolism is different, so ACE officials suggest people monitor their thirst and fluid intake to learn how to prepare for exercise and to stay hydrated during and after exercise. The bottom line, they say, is to learn to drink before the onset of thirst.

"Once you're thirsty, dehydration has already begun," officials said.

For more exercise-related tips and information, visit www.acefitness.org.

Competitive volleyball returns to Randolph

Commentary by Rob Reed Special to the Wingpsread

This spring, the UTSA Spring Classic Volleyball Tournament was in jeopardy of being cancelled due to a lack of facilities. The Randolph Men's Varsity volleyball team came to the rescue.

Use of the Randolph Fitness Center Annex assured the event was back on this past weekend. Numerous teams from around the area participated.

In addition to the Randolph team, nicknamed Hard Times, the Lackland Air Force Base Warhawks and seven club teams were in

Both "B" (fundamental) and "BB" (advanced) levels of competition were played. The Home Boyz from Austin won the B

Local attention was focused on the Lackland and Randolph teams as they competed in the BB level.

Following the competition, neither base could claim dominance as the teams split games during head to head competition with the teams posting identical records.

Squiggle P, a local San Antonio Club team, won the BB division. The Randolph team was competitive in every game with every member playing well.

The Randolph team is grateful to the Randolph community for its support during the USA Volleyball season.

Volleyball is in the forefront once again at Randolph. Coincidentally, the tournament Saturday preceded the opening week of practice for intramural volleyball. Watch for further notices of volleyball happenings on base as the Hard Times team takes as the competition heats up at regional championships next

SPORTS BRIEFS

Powerlifting results

Randolph High School's Jamonyca Wilson won a silver medal at the State Powerlifting Meet held in Killeen March

After finishing first at the Region 5 meet recently, Moton Hopkins competes at the state level April 2 in Houston. Also at the meet, Derek Copeland and Kyle Kuehl

won fifth place honors in the weight division.

Gym customer appreciation

Drop by the fitness center main lobby April 6 from 11 a.m. to 1 p.m. for complimentary healthy snacks. The fitness center staff will provide a healthy choice of snacks for all customers and also educate them on healthier food choices for energy in between workouts.

Sit-up competition

The fitness center holds a sit-up competition April 8 from 11 a.m. to 1 p.m. This event is open to all Department of Defense ID card holders. For more details, call 652-5316.